

PROACTIVE SPINE

JANUARY 2020 NEWSLETTER

TAKE ME HOME

Happy New Year!

ARE YOU MAKING ANY RESOLUTIONS THIS YEAR?

Now that we've bid farewell to another year, it's time to welcome the New Year with open arms! This is also the time when we make resolutions to improve ourselves in the coming 12 months. At Proactive Spine & Sports Medicine, we'd like to encourage you to make a resolution to improve your spine health. Here are a few resolutions you could make in the new year to help you have a healthier spine, not just this year, but every year to come:

Exercise Core Muscles

The core muscles are comprised of many small muscle groups that support the spine, including the abs and back muscles. One great way to ensure your spine stays healthy is to strengthen these muscles so that they can pick up some of the stress your body is exposed to every day, giving your spine a rest. Because the spine is made from bony vertebrae cushioned by fluid-filled cartilage discs, it is susceptible to wear and tear. The stronger your core muscles are, the less stress will have to be absorbed by the spinal discs. This year, think about talking to your Chiropractor about exercises you can do to strengthen your core muscles that are appropriate for your age and fitness level.

Think More about Your Posture

Your spine takes a lot of punishment, even when you're sitting or standing still. If you have poor posture, vertebral discs can become pinched in certain areas, potentially leading to painful conditions like osteoarthritis in the spine. This occurs when fluid in the discs gets depleted, causing the vertebra to rub directly against one another. Over time, this can actually wear down the bone, causing pain and limited mobility. Fortunately, there are steps you can take to improve your posture when standing or sitting. Grab a copy of our workplace ergonomics flyer from reception. If you have any further questions or concerns, make sure to speak to your Chiropractor.

Get More Sleep and Better Sleep

While you're asleep, your body is actually hard at work repairing the damage you've received throughout the day. One of these repair tasks includes replenishing the synovial fluid that fills your vertebral discs. If you're not getting enough sleep, you won't be able to fully refill your discs, potentially causing problems down the road. One good way to get more sleep and better sleep is to replace your pillow or saggy, old mattress with a new one. In this new year, you may want to resolve to talk to your doctor about your sleep and which types of pillow/mattresses would be best for you.



SMOOTHIE BOWL DETOX

Ingredients:

- 3/4 cup (175 ml) water*
 - 1 heaping cup (145 g) frozen mango chunks
 - 1/3 cup (55 g) packed avocado
 - 1/2-inch piece (7 g) peeled ginger, or to taste
 - 1 cup (30 g) packed fresh baby spinach
 - 1 small (75 g) clementine, peeled
 - 1 very large (30 g) pitted Medjool date
 - 3 ice cubes
 - 1/2 teaspoon matcha green tea powder (optional)
- For the toppings:
- Diced fresh mango
 - Vanilla Super Seed Granola or granola of choice
 - Raspberries, blueberries, and/or strawberries

Directions:

Add the water into a high-speed blender followed by the rest of the smoothie bowl ingredients. Blend on high until smooth. Pour into a bowl and add toppings as desired. Serve and enjoy!

Tips:

- * Feel free to use coconut water if you like a sweeter smoothie.



AUSTRALIA DAY LONG WEEKEND

Proactive will be **CLOSED**

Saturday 25th - Monday the 27th.

Normal Hours Resume

Tuesday the 28th of January

New Year, New Me?

Every year starts with the same phrases. I bet you've started to hear people say "new year, new me"? This points to resolutions they're making to bring about some major changes in their lives; things like eating healthier, paying off debt or travelling more. Whether or not we believe in resolutions, this time of the year inspires us all to reflect and figure out ways to improve.

While there's nothing wrong with setting goals, the thought process that goes into this saying does a disservice in that it doesn't acknowledge the progress made previously. You don't become a new person overnight. Your story carries over to the new year. Only this time, you're wiser and you're working to bring to life a better version of yourself. "New year, same me but better." For the new year, maybe you can think about goal-setting differently.

- **Build On What You've Already Started** - In order to reach a goal, you must first develop the habit that will guide you to the right actions. As such, building on your previous work and already-existing habits is a more effective way to achieve your end result. What has worked well? What needs to be changed? Look at the past for insight into what you can improve.
- **Check In Regularly** - Don't wait for next January or late December to set or revisit your goals. If you make a plan and take action, you will receive feedback at every step along the way. Create the habit of reviewing your goals regularly. This will help you stay on the right track.
- **Focus On Progress** - That doesn't mean we shouldn't work on them. When it comes to reaching your goals, think about your progress. Don't worry if it's taking longer than you thought. Did you learn new things? Did you get closer to the big picture? It's not a zero sum game. Every step you take counts and, if you learn to track your actions and implement the feedback, you will get there faster.